

Guidelines for Prescribing Supplemental Fluoride

TABLE 1. Recommended dietary fluoride supplement* schedule

Age	Fluoride concentration in community drinking water [†]		
	<0.3 ppm	0.3–0.6 ppm	>0.6 ppm
0–6 months	None	None	None
6 months–3 years	0.25 mg/day	None	None
3–6 years	0.50 mg/day	0.25 mg/day	None
6–16 years	1.0 mg/day	0.50 mg/day	None

* Sodium fluoride (2.2 mg sodium fluoride contains 1 mg fluoride ion).

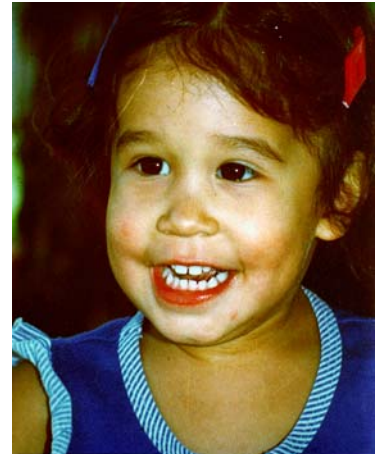
[†] 1.0 parts per million (ppm) = 1 mg/L.

Sources:

Meskin LH, ed. Caries diagnosis and risk assessment: a review of preventive strategies and management. J Am Dent Assoc 1995;126(suppl):1S–24S.

American Academy of Pediatric Dentistry. Special issue: reference manual 1994–95. Pediatr Dent 1995;16(special issue):1–96.

American Academy of Pediatrics Committee on Nutrition. Fluoride supplementation for children: interim policy recommendations. Pediatrics 1995;95:777.



Questions to Ask Before Prescribing a Fluoride Supplement

1. What is the source of the child's drinking water –community water supply, private well, bottled water?
2. Is the child receiving fluoride from other sources – prescription, vitamins, school water?
3. How much fluoride is in the drinking water supply?

Whom to Contact For Fluoride Level in Drinking Water

1. Community Water Provider – Contact local water department or home owners' association. You will need to know home address.
2. Regional Office of Idaho Department of Environmental Quality – See other side for list of Idaho Regional DEQ Offices. You will need to know name of subdivision.
3. Certified Drinking Water Analysis Laboratories – For private well water, it is necessary to have the water fluoride level tested before prescribing a fluoride supplement. See telephone book yellow page listings under *Laboratories – Analytical* or view list at http://www.deq.state.id.us/water/prog_issues/ground_water/wells/overview.cfm#testing.
4. Bottled Water Company – The amount of fluoride in most bottled water is less than 0.3 parts per million, but some contain fluoride in the optimum range of 0.7 – 1.2 ppm. Current FDA regulations require that fluoride be listed on the label only if the bottler adds fluoride during processing.
5. My Water's Fluoride – <http://apps.nccd.cdc.gov/MWF/Index.asp>. This website is sponsored by the Centers for Disease Control and Prevention and has Idaho water fluoride levels available for public access.

Idaho Department of Environmental Quality Regional Offices

Boise

Brandon Lowder
Steve Staufer
1445 N. Orchard
Boise ID 83706-2239
Tel: (208) 373-0550
Fax: (208) 373-0287

Lewiston

Anna Moody
1118 "F" Street
Lewiston ID 83501-1986
Tel: (208) 799-4370
Fax: (208) 799-3451

Coeur d'Alene

Steve Tanner
2110 Ironwood Parkway
Coeur d'Alene ID 83814-2648
Tel: (208) 769-1422
Fax: (208) 769-1404

Pocatello

Barbara Jones
444 Hospital Way, #300
Pocatello ID 83201
Tel: (208) 236-6160
Fax: (208) 236-6168

Idaho Falls

Rachelle Mason
900 North Skyline, Suite B
Idaho Falls ID 83402-1718
Tel: (208) 528-2650
Fax: (208) 528-2695

Twin Falls

Robert Chorney
1363 Fillmore Street
Twin Falls ID 83301-3035
Tel: (208) 736-2190
Fax: (208) 736-2194

Reference

Recommendations for Using Fluoride to Prevent and Control Dental Caries in the United States.

Centers for Disease Control and Prevention. MMWR 2001;50 (No. RR-14).

<http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5014a1.htm>



ORAL HEALTH PROGRAM
P.O. BOX 83720
BOISE, ID 83720-0036
(208) 334-5966